Please join
Saint Simeon’s Auxiliary
for the
Annual Spring Luncheon
“A Salute to Service”
Celebrating the 50th Anniversary of the Auxiliary
With Special Recognition of all Past Presidents & Charter Members

Tuesday, April 19th, 2011
11:30 a.m. to 1:30 p.m
Saint Simeon’s Common Room

Invitations & Membership Forms are in the mail!
RSVP by April 14

For reservations & information,
please call Jill Thompson at 918-794-1977 or Kimberly Earickson at 918-794-1945
Announcements

**Calling all Gardeners!**

**SPRING PLANTING DAYS**

Friday, April 29th & Saturday, April 30th
9 a.m. to ???
Meet in the Gazebo Courtyard
For more information, please contact
Mary Lou Havener at 918.606.3789

**Friends of the ANIMALS**

Next Meeting
Friday, April 8th at 10:00 a.m.
Smith Conference Center

For more information, please contact
Fr. Bob & Anne Evans, Committee Chairs
918.938.7322
Kathy Hinkle, Director of Education
918.794.1946 / khinkle@saintsimeons.org

**Easter Lunch**

Sunday, April 24th
11:30 a.m. to 1:00 p.m.
Guest meals are $12 per person
Family members who wish to join Residents can
RSVP to Becky Ashwill at 918.794.1903.
Please reserve no later than April 19th.

**SAVE THE DATE**

The Education Committee presents

**ERIC MADDOX**

Monday, May 9th, 2011
1:00 p.m.
Common Room, Saint Simeon’s

Native Oklahoman Eric Maddox was awarded the DIA Director’s Award, the Legion of Merit, the Bronze Star, and the National Intelligence Medal of Achievement for his key role in the 2003 capture of Saddam Hussein.
The Auxiliary “Friends of the Animals” Committee has become active again this year. **Father Bob and Anne Evans** are the Committee Chairs, and members consist of Residents, family members, and employees. Everyone is invited to become a member, or just attend the never dull monthly meetings. Meeting times are always in the Quill and posted on the Auxiliary Bulletin Board. We’re also always looking for volunteers who can assist with the care of our animals or assist Residents in enjoying them.

Our first order of business was to develop a mission statement, and this is what the committee is proposing:

*The Friends of the Animals Committee seeks to improve the lives of the Residents at Saint Simeon’s by promoting interactions with all of the animal life with which they share a common home. We seek to treat all of God’s creatures with loving care, and foster greater knowledge of them through programs, field trips, and housing residential aquariums, aviaries, fish ponds, bird feeders and homes.*

Members of the committee are already making a difference. **Residents Tom and Ruth Freeman** have generously purchased and donated a Purple Martin House. **Ronnie Ferguson in Facilities Management**, who has worked here nearly 30 years, remembers that once upon a time Saint Simeon’s had a Purple Martin House - so we are reclaiming part of our history. This 12-compartment house has recently gone up in Eckel Park. Purple Martins are famous for eating mosquitoes. In fact, one bird can eat up to 2,000 mosquitoes per day! They will also put on quite a show by swooping in and out of their houses. Tom says that the “scouts” have been in the Tulsa area since late February, but we hope that not all of the birds have found a home yet and will look favorably on this location again. **Wild Birds Unlimited** donated a copy of *What You Should Know about the Purple Martin*, telling the story of “how the Purple Martin became America’s Most Wanted Bird”. The book is available in the Education Office if you are interested.

Another committee member, **Kim Tatro-Smith**, who is also a zoo docent, had the idea of making signs to display the names and pictures of the birds in our two aviaries, as well as the fish and corals in our three salt-water reef aquariums. The signs will be on the structures themselves. Kim is also preparing a binder of additional information, which will be available at the nearby Nurse’s Station. To pique your interest, here are the names of just a few of the **corals in our aquariums** – Cabbage, Green Star, Toadstool Leather, Green Hairy Mushrooms and Devil’s Finger.

And finally, the **Daffodils** are here! Almost truly the first harbinger of spring, we have many hundreds of daffodils and tulips sprouting everywhere. Most are newly planted this year, and were paid for by a generous donor. You can see them on the grounds, in our courtyards, at Oxley Circle, and this year for the first time, we have two beds of naturalized daffodils growing in the lawn in Eckel Park!
Getting to Know - Quinta “Tae” Stewart

Tae Stewart was our most recent Kris’s Caring Champion. She was nominated by two Tulsa Tech students who were doing their “clinicals” here.

We would like to thank “Tae” in Home 2 for all of the incredible training she gave us when we were doing our clinical work! I have been a Flight Attendant for 25 years and I can tell in 5 minutes if a “coworker” enjoys their job and I could see it in Tae the minute I met her! I have never met someone, in such a short period of time that I could see is just a natural care giver. Tae went out of her way to make sure she showed us how to do things properly and straight from the book and showed it all with a great deal of passion! I can honestly say, after seeing it with my own eyes, that you are very fortunate to have someone as dedicated as Tae. We learned so much in that short week and appreciate Saint Simeon’s for allowing us to be there!

Our thanks again to Tae and you!

Tae is a CNA in Home 2 in the Memory Center. She says, “My most important job is to make sure that the Residents have the best quality of life possible. One thing that Saint Simeon’s is sometimes able to do is place Residents with just the right staff person for them. There is a Resident here who is a real ‘pistol’ and I am too! Her sense of humor matches mine and we have a good time.”

“I was born outside of Nashville in Shelbyville, Tennessee. My dad, Jessie Stewart, was the first black Sheriff there. My mom, Shirley Stewart, was a nurse but stayed at home when I was growing up. She’s the reason that I ended up working in the health field. Sometime after my dad was elected sheriff, someone set our house on fire. I was a little girl and my parents just told me that ‘a bad man’ did it. Their biggest regret is that they lost all our photo albums and pictures of me. My dad passed away when I was 16 years old and my mom passed away a few years ago.”

“While in high school, I got my CNA training at Green Country VoTech. After graduating, I attended Langston University and majored in criminal justice. But things were hard for my mom those years after dad died and I decided not to finish my degree, so I started working in Texas as a CNA and later as a Medical Assistant.”

“Saint Simeon’s is the only place I considered working when I moved [to Tulsa] in 2008. My Aunt is on the Board of the NAACP, and another Board member had their mother living here. She told me it was the best place.”

“This job gives me a chance to help people every single day. We can make each day matter. God blesses us for doing the job we do – truly I can ‘stack my blessings’!”

“My dream job would be to open a business where I would go into the community and take elderly people anywhere, whenever they wanted to go, seven days a week. Even to see a granddaughter get married in Florida – I’d take them there. I also very much enjoy training students who come here, and would like the opportunity to do that more.

My favorite show is “Undercover Boss”. Our CEO, Lindsay, is the best boss there could be. She is such a genuine person. I am so glad to be able to work here!”
Tae Stewart was our most recent Kris's Caring Champion. She was nominated by the minute I met her! I have never met someone, in such a short period of time that I could see is just a natural care giver. Tae is a CNA in Home 2 in the Memory Center. She says, “My most important job would be to open a business where I would go into the community and take elderly people anywhere, whenever they wanted to go, seven days a week. Even to see a granddaughter get married in Florida – I’d take them there. I also very much enjoy training students who come here, and God was the best place.”

“Saint Simeon’s is the only place I considered work after dad died and I decided not to finish my degree, so I started working in Texas as a CNA and later went out of her way to make sure she did it. Their biggest regret is that they lost all our photo albums and pictures of me. Our CEO, Lindsay, is the best boss there could be. She is such a genuine person. I am so glad to be able to work here!”

My favorite show is “Undercover Boss”. The Wellness Center presents

FIT PARADE Get Movin’!

On Tuesday, March 1st, Wellness Center Coordinator Dr. Mary Nole rolled out the new staff wellness initiative, “Fit Parade”. To date, over 60 employees of Saint Simeon’s and Morrison Dining have signed up for this self-paced program, designed to help them get movin’, by providing free pedometers to participants, on-site exercise classes taught by members of our own staff, and healthy salads in the employee café, Simply Simeon’s, on Wellness Wednesdays. Point values are given to a variety of exercises, including walking, biking, and daily pedometer steps accumulated. Prizes will be awarded once each achievement level is reached!

ACHIEVEMENT / AWARD LEVELS

Walker = 900 points
Band Member = 2100 points
Majorette/Drum Major = 3500 points
Grand Marshall = 5000 points

"Fix Our Streets" Tulsa Sales Tax Rebate - Do You Qualify?

For the next four years, eligible Tulsa residents may receive $25 rebates for sales tax from the 2008 Fix Our Streets package. Tulsa residents may qualify for rebates either by age - 65 years or older for any part of 2010 (and other years thereafter) - or income through eligibility for the Oklahoma Sales Tax Refund or Oklahoma Earned Income Tax Credit. To obtain an application form and find out more information, including a complete list of eligibility requirements, several options are listed below. Applications for the first year's rebate are due between January 1, 2011, and April 15, 2011.

- Visit City Hall (175 E. 2nd St. - Street Level Customer Service Lobby)
- Call the Mayor's Action Center - (918) 596-2100
- Go online to https://secure.cityoftulsa.org/SalesTaxRebate
- Visit any Tulsa City-County Public Library location inside city limits

Human Resources Director Bonnie Gorrell and Accounting Analyst Jody Barclay are participating in the “Walk Away the Pounds” series. Gorrell teaches the class on Mondays and Fridays.
Dear Residents, Families, and Friends of Saint Simeon’s,

blunt your sharpness
untie your knots
soften your glare
settle your dust

(Tao Te Ching chapter 56, S. Mitchell translation)

Over 2,500 years ago in ancient China, a wise man known to us today as Lao Tsu wrote down his teachings in the Tao Te Ching - which might be translated “The Book of the Way and the Truth.” There are many gems to be mined from the Tao Te Ching, and the verse quoted above is one of my favorites. The opening line of the 56th chapter is the much more familiar, “Those who know, do not talk. Those who talk, do not know.” However, I like the verse quoted because it is a very useful teaching that can be easily remembered by the word “buss.” A buss is a kiss, and this saying is like a little kiss that reminds me of what needs my attention.

First, I need to blunt my sharpness. How quick we are to use our sharpened tongues and minds to cut into someone else! I relate this to the teaching of Jesus to not return evil for evil; to turn the other cheek. Most of the time that we are sharp with others, we are responding to perceived hurt – real, or imagined! If we can train ourselves to blunt our sharpness, we can do a lot to alleviate misunderstanding. Even if there is no misunderstanding, we can do a lot to reduce the turmoil in the world!

Next, Lao Tsu advises us to untie our knots. What tethers me? What feelings, emotions, or states of mind keep me all bound up? Do my feelings get hurt easily? Is my pride quick to be wounded? What are the issues surrounding that? What are the knots that need to be untied?

Then, I should soften my glare. Wow. I know what that one is all about! That’s that condescending look I give the idiot who just cut in front of me on the highway, nearly causing an accident! Uh … I guess that sounded a little sharp. This is hard.

Finally, Lao Tsu suggests that we settle our dust. In all of our sharp-tongued, knotted-up, glaring lives, we kick up a lot of dust. We fill the air with the remnants of our unhappy actions. It chokes us, and those around us. We need to settle and allow our environment to settle. Give peace a chance!

May this buss, this little kiss from Lao Tsu draw you closer to the Way, the Truth, and the Life.

Blessings to you,
Fr. Bill Holly+
**WHY RECEIVE THE QUILL VIA EMAIL?**

1. It will be in COLOR, making it much nicer to look at and much easier to read!
2. It’s FASTER! Emails are sent and received in a matter of seconds. Bulk mail can take up to 14 days to receive.
3. YOU will help Saint Simeon’s reduce printing and postage expenses! (Don’t have email or internet? We will gladly continue to mail the Quill to you).

To change your Quill subscription to “E-Newsletter”, email: kearickson@saintsimeons.org

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**Resident Council Meetings**

Monthly Resident Council meetings are held for each living area, and are an opportunity for Residents to learn about upcoming events, ask questions, or express concerns about their care and life at Saint Simeon’s. Family members are welcome and encouraged to attend on behalf of their loved ones.

**Resident Council Meetings for April:**

**Health Care Center**  
**Thursday, April 28th, 10:30 a.m.**  
**Garden View Dining Room**

**Memory Center**  
**Thursday, April 28th, 2:30 p.m.**  
**Home 4 or Home 6**

**Dotson Family Assisted Living Center**  
**Tuesday, April 26th, 10:30 a.m.**  
**Deisenroth Bistro**

**D-Hall Assisted Living**  
**Tuesday, April 26th, 1:30 p.m.**  
**Common Room**

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**The Deisenroth Bistro**  
**Fine Dining Evening for this month is Thursday, April 28th**

For reservations, please call the Dietary Office at 794-1927 (or 425-3583 x227)

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**Welcome!**

to those who have joined our family

Seleta Daniel  
Joseph Drvostep  
R.L. Harris  
Mary Jane Henry  
Margery Hutson  
Jack Phillips  
Julianne Pringle  
Donald Warner  
Anne Wise  
Jeanette Wolfe

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Saint Simeon’s east end, near and around the Dotson Family Assisted Living Center, has recently undergone a significant landscaping makeover!

The new trees, shrubbery and flower beds were made possible by two generous donors, who specified this particular project to further beautify the Home grounds for our Residents, families and visitors.

You can help us continue this beautification project by underwriting the planting of additional trees. Details will be announced soon, or call Stephen Mason at (918) 794-1937 to learn more.